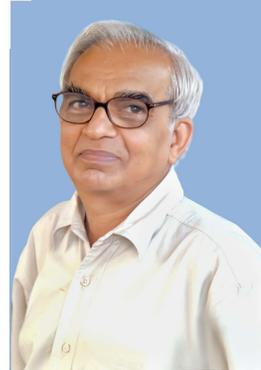


Pregnancy is the  
greatest gift  
to the couple



Every child birth is the  
greatest blessing to  
the humanity



*Pranams to our Masters*

# PREGNANCY and YOGA

योग वैद्य शाला

Dr. N. CHANDRASEKARAN , MBBS,  
Founder - Yoga Vaidya Śāla.

- Pregnancy and delivery are the normal physiological activities of the constitution of our women. These two pose the greatest strain on all the physiological capabilities.
- It is the duty of every concerned individual to maintain as well as to improve the functional efficiency of each system. In the same way, since pregnancy and childbirth are giving the maximum strain, it is pertinent that every pregnant lady should practice appropriate techniques with the focus of maintaining and to improving the functionality of the whole constitution.
- Yoga is to follow nature. Therefore, all the practices that are to be prescribed during pregnancy should also follow nature.
- Therefore, the first prerequisite is to understand the nature of the constitution during pregnancy.
- Our constitution is always changing, more so during pregnancy. So every pregnant lady should practice according to her constitution and the practice should also respect the changing constitution.
- Along with the physical and the physiological changes, the psychological faculties also undergo persistent changes. Therefore, the prescribed yoga should take care of the mind also.
- This webinar focuses on appropriate yoga practices for each trimester of pregnancy as well as post natal yoga.

*Yoga practitioners, teachers and therapists,*

*We welcome you to,*

- *Refresh your understanding on the changes that accompany pregnancy*
- *Clarify all your doubts regarding do-s and don't-s in pregnancy yoga*
- *Strengthen your clarity on most appropriate yoga during pregnancy*
- *as expounded by our great masters, Śrī. Krishnamacharya and Śrī. Desikachar.*



*With,*

*Dr. N. CHANDRASEKARAN , MBBS,*

*Founder - Yoga Vaidya Śāla.*

*one of the world's most experienced yoga therapist, a western medical doctor, an international Yoga teacher and Therapist trainer and author.*